



InShape

West Valley City Fitness and Recreation Center News

Dog Days of Summer Saturday, August 27, 2011, 2 p.m. – 5:30 p.m.

Small Dogs only from 2 to 2:30 p.m. (under 25 pounds)

Admission Fee: \$4

Before we close our swimming pool for cleaning, you are invited to bring your well-behaved best friend for a dip in our pool! Each dog will get a doggy bag of goodies and there will be raffles throughout the event.

For your talented best friends, a Doggy Long Jump contest will be held from 2:30 p.m. to 3 p.m., and a Doggy Paddle race from 3:30 to 4 p.m.

Need vaccinations for your dog?
WVC Animal Shelter will be on hand for a
Pet Vaccination Clinic.

Junior High Summer Program

Open to all current Junior High School Students who have completed 6th-9th grade & students 12-14 years old.

Tuesday, Wednesday, Thursday
June 14 – August 18
11 a.m. to 2 p.m.

Cost
\$25 per month

Program includes: lunch, field trips, games, leadership activities, rock climbing, swimming, sports and much more.

Fall Recreational Softball League

Men & Co-Ed Softball Teams

Centennial Park
Games begin August 15

Registration Deadline:
August 5

\$325 per team; \$50 late fee may apply after August 12

Captain's Meeting August 8, 2011 at 6:30 p.m. at Fitness Center

West Valley City Triathlon

DATE/TIME:
Saturday, August 13, 2011

REGISTRATION:
Register by mail (must be postmarked by August 5) or at the Family Fitness Center (5415 West 3100 South, West Valley City) until 10 a.m. on August 12.

No day of race registration

ENTRY FEES:
Standard & Novice Divisions: \$35 per person or \$75 per team. Standard Division starts at 7 a.m. Novice Division begins at 7:30 a.m.

Kids Mini-tri: \$15 per person, kids race starts at 9:15 a.m.

\$5 late fee after August 1

Registration includes a T-Shirt for each athlete, entry into a raffle for prizes and a post race breakfast. Trophies for overall Men's and Women's winners in Standard and Novice Divisions. Ribbons for first through third in each adult division.

INFORMATION:
For additional information, please call 801-955-4000.

Youth Fall Soccer

Boys and Girls ages 3 ½ - 12

Games held on Saturdays starting at 9 a.m. at Centennial Par. Games begin August 6 through September 24.

\$40 per player
Registration due July 22.

T-Ball & Coaches Pitch

Games and instruction designed to teach girls and boys ages 3½ – 6 basics in T-Ball: how to stand at bat, hold and swing the bat, how and where to run, fielding, catching, and throwing.

\$40 per player includes t-shirt, visor, team & individual photos and participation award.

August 25 – September 29

Registration due August 5

Volunteer coaches needed; call (801) 955-4012 to volunteer. Training and materials provided.

Fall Machine Pitch

Boys and Girls ages 7- 12

August 23 through September 29

\$42 per player includes t-shirt, visor, team & individual photo and participation award.

Registration due August 5

Volunteer coaches needed; call (801) 955-4012 to volunteer. Training materials provided



5415 West 3100 South, West Valley City, UT 84120 (801) 955-4000 www.WestValleyFitnessCenter.org
Facility Hours: M-F 5 a.m. - 10 p.m. Saturday 6:30 a.m. - 9 p.m. Sunday 10:30 a.m. - 5 p.m.
Lap Swim: M-F 5 a.m. - 9 p.m. Saturday 6:30 a.m. - 8 p.m. Sunday 11:30 a.m. - 5 p.m.
Open Plunge: M-F 11:30 a.m. - 9 p.m. (slide opens at 5 p.m.) Saturday 11:30 a.m. - 8 p.m. Sunday 1 p.m. - 4 p.m.

